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Donate your unwanted shoes to charity

IT'S time to put your past-their-best shoes forward and help raise funds for charity.

Saint Francis Hospice is holding a Shoe Amnesty from Monday, during which time people can drop in unwanted footwear that can either be re-sold in its shops or passed on to recycling companies in return for money.

Cash raised will go towards helping people with cancer or other life-limiting illness that need the specialist medical care, physiotherapy, complementary therapy and other services the hospice provides.

All of the charity's shops in Havering, Brentwood, Barking & Dagenham and Redbridge are taking part. Steve Rose, general manager of the hospice shops, said: "It's such a waste if old shoes are thrown away. Your unwanted trainers, brogues, clogs, sandals, slippers or boots, in any condition, so long as they are in pairs and clean, could help pump up hospice funds."

"Money raised from the Shoe Amnesty will go towards Saint Francis Hospice's work providing medical care and emotional support to local people affected by cancer, heart disease or other life-limiting illness."

"The charity provides its care free of charge to around 3,000 people a year, but depends on the generous donations of the community to achieve this. So please support our Shoe Amnesty and leave your old pairs of shoes with us."

As well as taking your shoe donation to any of the 16 hospice shops there are also Drop Spots within local businesses where goods can be donated. For the locations of the Drop Spots and Saint Francis Hospice shops please visit www.sfh.org.uk or call 01708 376269.



DONATE: Saint Francis Hospice Health Care Assistants Aimee Mabbort (left) and Tina Cottee (right) 'shoe' you what to do with your unwanted footwear.

CONCERN OVER 'ASIAN GOLD' BURGLARY RISE

POLICE officials are concerned over the rise in burglaries targeting Asian gold in east London.

Despite crime prevention advice being issued and awareness events being held, the Met said 10 people had their festivities over the Eid weekend ruined by burglars in Barking & Dagenham alone.

The Force said that while burglary and security are concerns for everyone, it is even more significant for those who keep large quantities of gold in the home.

A spokesman for the Met said: "Homes that have been decorated for the celebrations can be an attraction to burglars as they will believe that there are valuables, especially jewellery, inside."

"Extremely valuable items of jewellery would be best stored away from the home in a bank safety deposit box for instance. But if it must be stored in the home it would be wise to invest in a safe that is secured to either a wall or floor."

Because many items of Asian gold jewellery are bespoke, they are often not marked with serial numbers. This can make it difficult for police to trace the owners if the items are recovered.

The Met advises that anyone who is the owner of bespoke jewellery should ensure that they keep a photographic record of it.

Superintendent Mike Hamer, of Barking and

Dagenham Police, said: "Anyone who owns this type of jewellery needs to review their security routine now."

"People often think that burglary is something that happens to other people, but it can happen to anyone and it is not about what the burglars take away, it's the loss and devastation that they leave behind."

"Please make sure that you don't leave yourself vulnerable to burglars."

If you have information concerning the theft or the sale of Asian gold, contact the Barking and Dagenham Robbery and Burglary Squad on 020 3276 1045 or call Crimestoppers anonymously on 0800 555 111.

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INSIDE this week



Have you
seen teen?

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YellowAdvertiser

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Competition

WIN! Be one of the first to meet Santa Claus at Adventure Island

CHRISTMAS 2012 in Essex will be really special, as for the first time ever you will be able to visit Father Christmas at Adventure Island.

He will be setting up his magical Adventure Wonderland in the heart of Southend seafront, from November 24 to December 24, and we have a special visit for a family of four to give away.

Boys and girls will take the Christmas Choo Express for a magical train ride, whilst listening to the Feelgood Carol Singers, before taking the Snowy Fairly-Tale trail to the Adventure Wonderland Grotto.

One of Santa's Elves will guide them on an enchanted tour to see Father Christmas' Toy Factory, Big Bear's Ice Cavern, and Frosty the dancing Snowman and much, much more, before meeting the man himself.

They'll get plenty of time to tell Father Christmas exactly what presents they are hoping for this year, before receiving a wonderful gift from him to take home.

After stopping to select the perfect souvenir photo, they will take the trail back to Feelgoods Pizza, Pasta, Play, to enjoy a Hot Berry Juice (or



a delicious Mulled Wine for Mum and Dad!).

Then maybe enjoy a delicious meal and a chance to play with the free Feelgoods Gamecard they've also been given as a present.

Prices for this magical experience for all the family start from just £10 per child

For further information about this magical experience, which costs from just £10 per child, visit www.adventureisland.co.uk or call 01702 443400 and ask for 'Christmas Bookings.'

We have a unique opportunity for one lucky family of

four to be among the very first people to visit Father Christmas in Adventure Wonderland on the morning it opens, Saturday, November 24. For your chance to win the prize, which includes a souvenir photo of the magical experience, followed by a delicious three-course meal for at Feelgoods Pizza, Pasta, Play, just answer the following question:

Q: Which trail will you take to Santa's Grotto?

A: The Snowy Fairly-Tale Trail

B: The Panto Fun Trail

C: The Frosty Winter Trail

To enter the competition telephone your answer - A, B or C - to 0901 307 0204 along with your name, address, telephone number and e-mail.

Alternatively text YAWINNER (space) followed by A, B or C, and your name, full address and e-mail to 63333.

Calls cost 51p from a BT landline. Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT

at the end of your message. Lines close on Thursday, November 15, 2012. Entries received after the closing date will not be counted but may still be charged.

T&C's

Prize must be taken on Saturday, November 24. 'Family of Four' is at the winner's discretion, but must include at least one adult. The 'three-course meal for four in Feelgoods' must be taken at the same time as the visit to Adventure Wonderland. There is no cash alternative available.

YellowAdvertiser

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CRIME SCENE: Forensic teams search for clues.

Picture by Roy Tillett

Man murdered on Ilford petrol station forecourt

A MURDER hunt has been launched after a man was stabbed to death on the forecourt of a petrol station in Ilford at the weekend.

Thomas Albert Cudjoe died at the scene at the Shell garage in Ley Street, next to the Bell public house, just after 3.15am on Saturday.

A post mortem the following day gave the cause of death as stab wounds to the chest and legs.

Although formal identification of the victim has not yet taken place, police are satisfied it is Mr

Cudjoe, a 29-year-old from the Ilford area.

Detectives from the Homicide and Serious Crime Command are now investigating and an incident room has opened at Barking under Detective Chief Inspector John Sandlin.

He said: "I am keen to hear from anyone who saw a blue Ford Focus, registration number EJ57 OED, in the Ilford area on Friday, November 2, or in the early hours of Saturday morning.

"I also wish to speak with anyone

who had been in The Bell pub that evening as well as anyone who saw the altercation at the Shell petrol station."

Officers retain an open mind as to any motive at this stage.

The blue Ford Focus was recovered at the scene. No arrests had been made in connection with the death at the time of going to press.

Anyone with information that may assist police should call the incident room on 020 8345 3865. To remain anonymous call Crimestoppers on 0800 555 111.

speedread

Housing awards

BARKING and Dagenham Council and one of its contractors have won awards. United House won Sustainable Larger Housing Retrofit Project of the Year along with the council for the Climate Change Adaption Retrofit at The Sustainable Housing Awards.

The project at Mersea House and Colne House have comprised an extensive low-carbon retrofit of 200 homes.

IVF at hospital

NHS patients can have IVF treatment at Holly House Hospital, in Buckhurst Hill.

It comes following the announcement of a partnership with Oxford Fertility Unit to provide satellite services for NHS patients in the East of England.

For more details contact Fertility at Holly House on 020 8936 1288 or visit www.hollyhouse-hospital.co.uk

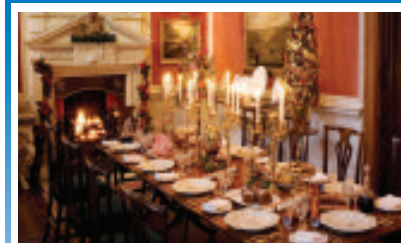
Festive exhibition

AN EXHIBITION of more than 50 nativity sets will be held in the Church at St. Peter's Aldborough Hatch at the same time as the Christmas Market.

Both events will take place between 10am and 4pm on Saturday, November 17, and the exhibition has been held every year since 1999.

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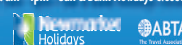
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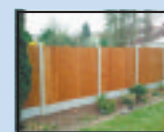
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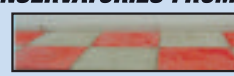
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DELIGHT: Karim Rafas with store manager Neil Banks.

Karim bags winning design in competition

A PUPIL at Woodford Green Primary School has created a unique bag design to help celebrate the opening of a new store in Highams Park.

The Tesco store, in Larkshall Road, invited youngsters to draw a picture to illustrate what makes them happy and 10-year-old

Karim Rafas was crowned the winner.

Karim not only secured a £250 donation for the school, but the winning art work will also feature on an exclusive Tesco Bag for Life, which is now available at the store.

The young lad attended a special presentation at the store with classmates and

headteacher Jane Powell where store manager Neil Banks unveiled the bag and presented the school with the donation.

Ms Powell said: "We were thrilled to hear that Karim had won the Tesco competition, all of the staff and pupils at the school are so proud."



'WIN-WIN': Councillor Ahsan Khan.

Council pilots library scheme

WALTHAM Forest Council is piloting a scheme that will see children's services brought into a library.

The borough's four largest libraries already offer face-to-face advice on issues such as housing and benefits. Now Leytonstone Library will welcome children's centre staff, who will be on site five days a week to offer guidance to parents in areas like healthy living, employment, debt and family activities.

Councillor Ahsan Khan, cabinet member for health and wellbeing, said: "I think this is a real win-win scheme and shows how the council is thinking outside the box in order to provide

excellent services and improve the lives of local people.

"The reality we're facing as an organisation is that we have to do far more with far less. Our libraries are a great community asset and we know that many local people already love visiting them. However, if we can make even better use of the space by providing additional services then so much the better.

"The benefits are twofold: the children's centres are able to offer even more families help and advice while at the same time we'll be encouraging even more young people to get reading from an early age."

ADVERTISEMENT FEATURE

Is now the time to neuter your pet?

ONCE your pet is six months of age it is often a good idea to get your pet neutered. Here we are going to talk about the medical and social reasons why your Vet may recommend this and what is involved in these procedures.

Why neuter your pet?

Neutering is mainly recommended for medical benefits and should not change your pets' character, but may help with certain undesirable traits such as aggression, dominant behaviour and the desire to roam.

Your female pet's risk of mammary cancer is very low if she is spayed before her first season, and she will be spared the risk of post season complications such as life threatening womb infections that can occur after any season.

The hassle involved with bitches when they are in season is also taken away (as well as the mess). Some bitches even need to be kept house bound due to the unwanted attention from male dogs when out, which can be frustrating for both dog and owner.

Male dogs become less interested in females in season once they themselves have been neutered. Castration can also dramatically reduce the risk of certain types of cancer including testicular and prostate cancer.

And of course neutering is the best way to prevent any unwanted pregnancies!

So what does having your pet neutered involve?

If your pet is female it is spayed removing both ovaries and the uterus (Ovarian Hysterectomy). If your pet is male it is castrated removing both testicles.

Both procedures require a general anaes-

thetic, which carries a very small risk of complications at a young age. The length of time neutering operations take is dependant on whether your pet is a cat, dog or rabbit, as well as what breed and size it is.

These procedures usually require a day's stay at the Vets, with your pet being admitted in the morning and discharged the same day.

As with us, having an operation with anaesthesia can make your pet feel a bit wobbly on there feet so you should ensure they are not left on their own immediately after returning home.

If they are a sensitive sole they may need lots of cuddles, however play should be avoided for at least few days to aid healing.

Your vet may advise additional pain relief (I know if it were me I'd certainly want it) as well as special food to take home - anaesthesia has the same effect on animals as it does us so look at it from there point of view, would you you're your usual dinner of curry or Lasagne and chips post op, or are you more likely to go with something bland yet nutritious to settle your stomach?

They may need to return to the Vets for post-operative checks and for stitches to be removed, but this is normally included in the price and recovery usually only takes just a few days to a week.

How much does neutering cost?

Again this will depend on the species and size of your pet, but can be as little as £25 for a cat castrate.

There are also various charities such as Spaywatch and The Cats Protection League, who run schemes to assist owners on low incomes, with getting there pets neutered.



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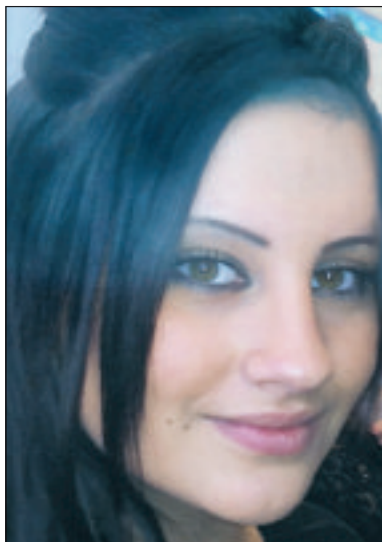
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WHERE IS SHE?: Two pictures of Melissa Attard have been released in the hope that members of the public may have seen her and pass on details to the authorities.

Help police find missing Melissa

POLICE trying to trace a missing teenager have said she may be in the area.

Melissa Attard was last seen on Monday, October 29, when she was dropped off in Bexleyheath Broadway at 3pm. She was due to meet her mother at Lewisham railway station at 9pm, but did not turn up.

The 14-year-old has gone missing before and is known to frequent various areas across London including Southwark, Lewisham, Lambeth, Islington and Leytonstone.

However, police say she could be anywhere

and are urging people to keep an eye out for her on the public transport network.

Melissa is white, approx. 5ft 5ins tall with a medium build. She has long dark brown/auburn hair.

She was last seen wearing a black long sleeve top, a tan bodywarmer, black leggings and knee-high boots. She was also carrying a black clutch bag.

Anyone who has seen Melissa or knows of her whereabouts should call police on 101, or the Missing Person Unit on 020 8284 9111.



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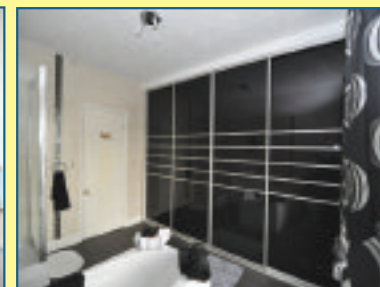


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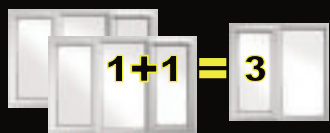
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Dancers perform in Diwali celebrations

A TROUPE of Bollywood dancers will be performing at the Ilford Exchange Shopping Centre this weekend as part of the Diwali celebrations.

Fresh from their performance in front of 25,000 people at the 'Diwali on the Square' event in London's Trafalgar Square last weekend, Honey Kalaria and her dancers from her Bollywood Performing Arts Academy will be performing a routine for shoppers from 4.30pm on Saturday.

In addition, Honey will also be encouraging the local community to take part in the Unite Us project, a global initiative bringing people of different faiths, beliefs and cultural backgrounds together to celebrate cross-cultural friendship and the inaugural venture of the Honey Kalaria Foundation.

"We're delighted to be invited to celebrate this important festival with the local community and perform at the Ilford Exchange again," said Honey. "The Unite Us project continues the theme of lighting the way for people and we hope people will be inspired to try Bollywood for themselves and give a little to those who truly need it."

DANCE: Honey Kalaria with some of her academy's performers.



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FILTHY: The conditions inside the bakery.



GRIM: A dead mouse found in a food cupboard in the bakery, which has been closed down.

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Vermin find sees bakery closed

A WALTHAMSTOW bakery has been closed and will not be allowed to reopen until council health experts deem there is no longer a risk to the public.

Environmental health officers visited Aadam's Bagel Bakery, in Hoe Street, at the end of October and found an array of evidence that rats and mice had infiltrated the premises - not least in the form of a dead mouse found in a food cupboard.

Rat and mouse droppings were not only found on the floor, but in gnawed packs of food that the vermin had gained access to by shimmying up and down pipes into a wall-mounted food cupboard.

The rodents had helped themselves to packs of chick peas and split peas. The officer witnessed numerous rat holes in the floors and walls that indicated that the infestation had been established for many months.

"It turns your stomach to look at the photos taken of this filthy bakery," said Councillor Clyde Loakes, cabinet member for environment. "To think that food prepared here has been eaten by local residents is truly sickening."

"How anyone with such a business can let it fall into such a state is frankly beyond comprehension. Rest assured I will be doing all I can to ensure officers hold this business fully to account for their appalling lack of hygiene."

The bakery was closed with immediate effect and the council was granted a Hygiene Emergency Prohibition Order on Friday, October 26.

It remained closed yesterday (Tuesday) and inspectors remain in contact with the owners, who are in the process of making improvements.

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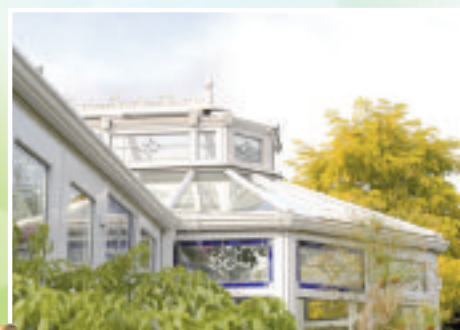
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Services taking place in Barking and Dagenham

A SERIES of Remembrance services are taking place across Barking and Dagenham this week.

It got underway yesterday (Wednesday) with a short service at the Job Drain Memorial Statue in Barking by the Barking Royal British Legion (RBL).

Tomorrow (Friday) The Dagenham RBL will be holding a service at Dagenham Village at 11am, while the Barking branch will hold one at Vicarage Fields at the same time. Guests at both are asked to arrive by 10.45am.

On Saturday the Dagenham RBL will hold a service at the War Memorial on the corner of Heathway and Church Elm Lane at 11am.

There will then be a number of services on Remembrance Day itself, Sunday, November 11. Wreaths will be laid at the War Memorial in Barking Park at 10am, with guests arriving by 9.45am.

People can also attend a procession from Barking Town Hall at 10.30am to St Margaret's Church for a service before a March Past at the town hall, followed by refreshments.

The service at Dagenham Parish Church will commence at 11am, with guests asked to arrive 20 minutes before. After the service there will be a March Past at the RBL headquarters in Rectory Road, followed by refreshments.

www.yellowad.co.uk

From 17 October, you can apply for the 60+ London Oyster photocard



If you are a London resident aged over 60, visit tfl.gov.uk/60pluslondon to find out more

New campaigning group vows to fight cuts to NHS

A CAMPAIGN group against NHS cuts has been set up and has launched a petition to save services in Redbridge.

A group of concerned residents met at Clementswood Community Centre, in Connaught Road, Ilford, last week to discuss the potential for privatisation of the NHS.

The meeting was held in response to a 38 Degrees-led campaign to introduce safeguards within the constitutions of emerging Clinical Commissioning Groups and to 'raise a collective voice against the breaking and privatisation of

our NHS services'.

Members agreed to call the group Redbridge Against NHS Privatisation (RANP) and agreed a forward strategy. This includes promoting the 38 Degrees campaign locally, creating a petition for the introduction of safeguards (for which access to free legal support will be met by 38 Degrees), and co-ordinating a meeting with the CCG to persuade them to adopt the safeguards.

RANP has also set up a petition, which can be signed at <http://www.petitionbuzz.com/petitions/saveredbridgenhs>

Rugby scheme for unemployed men

A NEW scheme that aims to get young unemployed men into sport has been launched.

The School of Hard Knocks is a rugby programme that encourages team work, confidence and drive in young men, who may be lacking in the ability or the motivation to make positive changes to their lives.

The scheme is free and benefits are unaffected. Training runs for eight weeks and takes place on Wednesdays and Thursday 10am-3pm. The sessions started yesterday at The Pavilion, in Clap Lane, Central Park, Dagenham.

There is no requirement for previous rugby playing experience; many people who join are completely new to the sport. The challenge that the coaches set themselves is to take a team of novices and shape them into a side that can hold their own against an established team.

At the end of the scheme prospective

employers are invited to meet with the players with a view to getting them onto the employment ladder. The scheme provides food, match kit and training. Joiners should bring football boots or trainers to play in.

Those taking part must be male, aged 18 or over and be unemployed.

Those wishing to register for the training or needing further information should e-mail the School of Hard Knocks on info@schoolofhardknocks.org.uk

PC Lee Dudley of Barking and Dagenham Police said: "This scheme will provide life skills that will stay with the entrants throughout their lives. Encouraging someone into the workplace is no easy task but the staff at 'SOHK' have proven that it can be done time and again.

"This is an exceptional chance for some lucky young men in the borough, I hope that they recognise the opportunity and take us up on it."

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RHYTHMN: Diabel Cissokho.

African sounds set to come to Hornchurch

AFRICAN rhythms promise to enchant audiences when Diabel Cissokho returns to the Queen's Theatre.

Rugged Senegalese musician Diabel makes a welcome reappearance on the Hornchurch stage after wowing listeners when he performed at the Queen's as part of the West

African blues project in March.

Diabel's music has delighted thousands of fans at the Womad festival, Glastonbury and at London's Barbican.

Surrounded by a rich musical heritage and a family of musicians as he was growing up, Diabel began playing several traditional instruments from a

young age. But it is his passion for the kora - a West African harp - that has inspired him above everything else.

The event takes place on Tuesday, November 27, at 8pm.

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The Green, Wanstead E11 2NT.
Walking distance from Wanstead Central
Line Underground Station.
Further details
020 8550 4675 or 020 8505 0409

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on

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To have your event considered for publication, send the details AT LEAST 14 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: letters@yellowad.co.uk

PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at www.yellowad.co.uk

Saturday, November 10

- Art and Craft Fair - The Churchill Room, Wanstead Library, corner of Woodbine Place and Spratt, Hall Road, includes craft supplies, 11am-4pm, refreshments available, free entry.
- Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.
- Garden Organically - Come and join our small friendly cooperative at Gale Street Organic Growers, Saturdays and Wednesdays, not just an allotment but a community garden, details 07815 500190.

Sunday, November 11

- Old Tyne Sequence Tea Dance - Abridge Village Hall, 2.15-5.30pm, visitors welcome, further details Rita 020 8550 5061.
- Walk - Epping Forest HF Group, meet 10.30am, Deptford Bridge Station, 7 mile linear walk along Waterlink Way to Beckenham Place Park, bring packed lunch, 020 8504 1329.
- Walk - Ilford and District CHA Rambling Club, start 10.15am Vauxhall underground station, walking along southside of the Thames, lunch taken Festival Hall, then onto Whitehall and Westminster Abbey areas. 020 8926 4593.
- Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, Mark 020 8598 8435 (before 9.30pm).
- Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm. 07768 005858.

Monday, November 12

- Meeting - West Essex Archaeological Group, Sixth Form Block, Woodford County High School, High Road, Woodford Green,

- ‘Coins and Conquest in Late Iron Age Britain’, talk by Julia Farley of the British Museum, 7.45pm, refreshments available.
- Rehearsals - Redbridge Ladies Choir, Canon Palmer School, Seven Kings, Mondays 7.45-9.15pm. 01708 790864 or 020 8550 8677.
- Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.
- Forest Highlanders - The Forest Highlanders Pipes and Drums, St Cedds Church, Seven Kings, every Monday 8pm.
- Chingford and Walthamstow Chess Club - Priory Court Community Centre, every Monday 7.30pm, Tony 020 8524 0827.
- Bingo - Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, every Monday and Wednesday 1.30pm.
- Multi-denominational Healing - Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barkingside (next to public car park, Fullwell Cross roundabout), Mondays (except Bank Holidays), 7-9pm, no charge, free donations welcome. 020 8550 5650.
- Yoga Classes - The Peterhouse Centre, Walthamstow, Mondays 1-3pm and at Tiptree Community Hall, Barkingside, 7.30-9.30pm, call Kay Russell 020 8554 7168.

Tuesday, November 13

- Wetland Management Day 2 - Roding Valley Park, meet James Leal Centre, Ray Park, Snakes Lane East, Woodford Green, 10am-2.30pm, adults, clearing reeds and other vegetation. 020 8559 2316.
- Illustrated Talk - NE London RSPB, Snarbrook Primary School, Meadow Walk, South Woodford, ‘On the Texas Trail’ - the top birding state of the USA, 7.15pm, admission £3.50, David 020 8989 4746.
- Meeting - Waltham Forest Family History Society, Spruce Hill Baptist Church Hall, Brookcroft Road, Walthamstow, second Tuesday each month, 8-10pm, enquiries Barrie 020 8527 4807.
- Meeting - Epping Forest and District Stamp Club, Roding Valley High School, T8 Room, Alderton Hill, Loughton, meet every second Tuesday of each month, 7.30pm.
- Meeting - Fibromyalgia Friendship and Support Group, The Diabetes Centre, Buntingford Road, Newbury Park, Ilford, meet every second Tuesday of the month, 1-3pm.
- Meeting - Ilford and District Aquarists and

what's on

- Pond-keepers Society, Gants Hill Reform Church, Woodford Avenue, Gants Hill, (lower hall in Ethelbert Gardens at the back of the church), second Tuesday every month.
- Free Junior Hockey Sessions - Walthamstow Academy, Billet Road, E17 5DP, 7-8pm, Tuesdays (4 September - 4 December), 07099 913121.
- Club - Barking and Dagenham Plus, The White Horse Inn, 118 High Road, Chadwell Heath, meet new friends and get involved in the local community, for everyone aged 18-35, every Tuesday 9pm, free trial membership, Joe 07958 669339.
- Coffee Shop - Eastern Avenue Baptist Church, East Road, Chadwell Heath, every Tuesday 10am, games, videos, friendship, all welcome. 020 8599 1479.
- Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, Tuesdays 1.30-4pm. 020 8595 3973.
- Senior Citizens Club - United Reformed Hall, Upney Lane, Tuesdays 1.30-4pm, fun, games, bingo, quizzes, buffets etc. disabled facilities. 020 8594 5249.
- Duplicate Bridge - Parkside Community Centre, (corner of Goodmayes Lane and Longbridge Road) Barking, Tuesdays 1.30-4.30pm, regret no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.

Wednesday, November 14

- Gardening Club - St Albans Church Hall, Albert Road, Ilford, meet second Wednesday of month, 7.30pm, speakers, raffle, tea, occasional outings.
- Meeting - King of Hearts Cardiac Support Group, Fullwell Cross Library, Barkingside, Ilford, 7.30pm, come along and see, cardiac rehab problems. 020 8500 7095.
- Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.
- Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
- Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, details Ray Massey 020 8524 4289.
- Meeting - Friends Club, St Cedds Church Hall, Blythwood Road, Seven Kings (opposite Homebase), Wednesdays 1-4pm, short mat bowls and snooker, 50p per session.
- Live Blues Jam - Coach and Horses, 391

High Road, Leyton, featuring guests, regulars and house band musicians, entrance £2 listeners, £1 musicians, £1 welcome singers and drummers especially, every Wednesday, 8.30-11.30pm. 020 8502 0351.

Thursday, November 15

- Friendship Club, The Beacon Tree Pub, Green Lane, Dagenham, for single over 45s, every Thursday 8.30pm, further details Marie 07939 989075/07977 747509.
- Cheeky Monkeys Playgroup - St John's Church Hall, Leytonstone, every Thursday 10am, toys, toys, crafts, singing. 07740 586926.
- Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8989 2701.
- Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6409.
- Woodford Symphony Orchestra - A friendly amateur orchestra, which performs concert and major symphonies in Redbridge, rehearsals every Thursday evening. 020 8504 7783.
- Dagenham Camera Club - Wanz Library, Rainham Road North, Thursdays 8-10pm. 020 8252 2934.

Friday, November 16

- Movie Night - Presented by The Wanstead and Woodford Cine and Video Club, The Meeting Room, St Paul's Church, Chigwell Road, Woodford Bridge, films produced by local movie makers, 7.30pm for 8pm, tickets £5 (includes light refreshments), on door or in advance from 020 8504 2433.
- Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.
- Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.
- Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.
- Mummy Boot Camp - Wanstead Youth Centre, exercise with your baby, Fridays 11am, to book call 07719 626642.

RIVER CRUISING

YellowAdvertiser

Newmarket Holidays

Save £60 per couple

4 days from £299pp



Amsterdam and Bulbfields

On board MS Olympia

Departs 4 & 19 April 2013

Enjoy all the comforts of our specially chartered ship as you discover the world's most famous flower gardens, the canals and cobblestones of Amsterdam, and the historic fishing villages of the Dutch 'polder land' on this great value springtime river cruise.

Price includes:

- Return coach travel from the local areas
- Return Channel crossings
- 3 nights full board in a Standard Lower deck cabin on-board *ms Olympia* (upgrade cabin available at a supplement)
- Welcome Cocktail Party
- On-board entertainment & English commentary
- Portage on and off the ship
- Calls at Volendam, Leystad, Zaanadam & Amsterdam
- Excursion to Keukenhof gardens
- A Newmarket Cruise Manager

www.newmarket.travel/yel17670

0843 316 1109 quoting code YEL

Organised by Newmarket Promotions Ltd, ABTA V787X. Subject to availability. Single supplement applies. Calls cost 4p per minute. £200pp discount applies if booked by 16 Nov 2012. Offer subject to availability & may be withdrawn at any time.

ABTA
The Travel Association

RIVER CRUISING

YellowAdvertiser

Newmarket Holidays

EARLY BOOKING DISCOUNT SAVE (PER COUPLE) £100

6 days NOW from £499pp



The Best of Springtime Holland

On board MS Olympia

Departs 25 April 2013

Delightful Amsterdam and the picturesque Dutch waterways combine to make a perfect, colour-filled springtime cruise.

Price includes:

- Return coach travel and Channel crossings
- Five nights' full board accommodation in a standard cabin on board *MS Olympia* (upgrade cabins available)
- Embark in Amsterdam
- Calls at Rotterdam, Volendam & Delft
- See UNESCO-listed windmills and waterways
- English commentary
- One suitcase per person
- On-board entertainment
- Tour Manager services

www.newmarket.travel/yel17674

0843 316 1109 quoting code YEL

Organised by Newmarket Promotions Ltd, ABTA V787X. Subject to availability. Single supplement applies. Calls cost 4p per minute. £200pp discount applies if booked by 16 Nov 2012. Offer subject to availability & may be withdrawn at any time.

ABTA
The Travel Association

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1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.
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4. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:
- (a) Any error, inaccuracy or omission in the printing or publishing of any advertisement;
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- (c) Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.
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8. All gross advertising rates (except classified listings and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.
9. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.
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11. The placing of an advertisement order will be deemed an acceptance of these conditions.
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- (1) Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole deal in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.
- (2) Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should legal action be required the interest will be charged in accordance with the County Court Act 1984.
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17. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.
18. The copyright of advertisements produced wholly or partially by the Publishers belong to the Publishers. Advertisers may not reproduce such advertisements without the Publishers' consent.
- Box Numbers**
Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, cash stamps or payments of any kind must not be enclosed. A box number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies. Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.
- Holiday & Travel Category**
All advertising must contain the name of the advertiser, phone number alone are not permitted.
- Data Protection**
The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.
- Data controller will use your information for administration and analysis. We may share your information with other Third Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.
- Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

MOVE IN FOR CHRISTMAS

UNWRAP A GREAT DEAL AT KINGS WOOD PARK.

**PART
EXCHANGE
AVAILABLE**



**80%
NOW
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**4 & 5 bedroom homes
from £549,995
to £1,150,000**

Reserve before
Christmas and we will
pay your stamp duty
saving you up to
£57,000*

Kings Wood Park

The Plain, Epping CM16 6TL

An exclusive development of 4 & 5
bedroom homes in Epping, right on the
edge of the forest and only 35 minutes to
London by tube.

Call: 01992 574 629

VISIT: Marketing suite & showhome open Sat to Mon
10am - 5.30pm. Thurs 11am - 7pm and Fri 10.30am - 5.30pm.

www.bellway.co.uk



*Subject to availability. Terms & conditions apply. Price correct at time of going to press. Specification on site may differ. Pictures for illustration purposes only. Bellway reserve the right to refuse a part exchange, terms & conditions can be found at www.bellway.co.uk

Bellway

BE IN YOUR NEW HOME BY CHRISTMAS!

*Unwrap a great deal at
Oakwood Grange in Basildon*



PICK ONE OF THESE GREAT PRESENTS FROM BELLWAY†

- 5% deposit paid • Stamp duty paid and £500 towards legal fees
- Carpets, integrated appliances and turf
- Part Exchange • NewBuy 95% mortgage

Oakwood Grange Cranes Farm Road, Basildon SS14 3AQ

A selection of 2, 3 and 4 bedroom homes from only **£179,995**

Call: 01268 286 516

Visit: Sales Centre & Showhomes open daily
10am - 5.30pm and until 7pm Thursday evenings.



www.bellway.co.uk

Bellway

*The NewBuy scheme is available subject to status, terms and conditions and using a Bellway nominated solicitor and/or financial advisor as necessary. NewBuy will not be available in conjunction with any other financial incentives, such as deposit paid, legal fees paid or stamp duty paid. Bellway cannot advise you on a mortgage. Written details are available on request. YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR ANY OTHER HOME SECURED ON IT. Prices correct at time of going to press. Specification on site may differ. Pictures for illustration purposes only. †Limited availability and subject to terms and conditions. *Bellway reserve the right to refuse a part exchange, terms & conditions can be found at www.bellway.co.uk

Yellow Motors

www.yellowadvertiser-today.co.uk

Caravans for Sale / Wanted

NEW & USED CARAVANS FOR SALE

2 & 3 bed models available.
Sited at Seawick Holiday Park, nr Clacton with fantastic facilities.

FINANCE AVAILABLE

BRING YOUR OWN CARAVAN HERE.
£49 Try Before You Buy available.
Open Xmas and New Year.

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FROM MINOR SCUFFS TO MAJOR CRASH REPAIRS

From only
£40 for
minor scuffs
& scratches

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- MOT and Servicing
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- Excess Paid / Courtesy Car Available
- Free Insurance Company Approved Estimates

FREEPHONE: 0800 0439 514 • 020 8514 8838

490 High Road, Ilford, Essex IG1 1UE

Visit our website:

www.dentsuk.com



Cars Wanted

£5,000
From £250-£5,000
CARS WANTED

Any car or any condition
MoT'd or not
Everything considered

07985 496 888
01375 391 350

CARS WANTED - CARS WANTED
CASH TODAY.

1 HOUR ANYWHERE
£275 min - £10,000 max.

MoT or not, good, clean or damaged.

020 8442 8244

High or low miles.
7 days, 24 hours

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Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes. Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

Cars Wanted



SCRAP CARS WANTED

All Makes & Models

£250+

Within One Hour

7 days a week

07985 496 888

Cars for Sale

X5 JEEP

Black with cream leather interior, fully loaded, 71,000 miles, service history, excellent condition inside and out, 8 months MoT and 6 months tax, gas converted.

£7,900 ono

07810 634 705

Mobile Mechanics

ANYTIME ANYWHERE MECHANICS

SERVICING & BREAKDOWN

07836 762959

Cars Wanted (Trade)

TRY THE BEST - LEAVE THE REST

SCRAP VEHICLES WANTED

£230+

GUARANTEED

020 3150 0697

Subject to vehicle condition

WE GUARANTEE TO PAY

£220+

FOR ANY SCRAP VEHICLE SAME DAY COLLECTION

07867 591 090

WE PAY WHAT WE SAY

SCRAP CARS AND VANS WANTED!

£220 within one hour

01708 804 799



£150
up to

WANTED

Scrap Cars, Vans, Trucks or Motorbikes

MoT'd or not, Damaged, Running or not Running

01375 391 350

All areas covered

30 minutes collection

CARS, VANS WANTED

from £500-£5,000

MoT'd or NOT

7 days

Call

01708 523 600

SCRAP CARS & VANS WANTED

Anything Considered Any Condition

Call 7 Days

01708 555 929

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£300 minimum Cars/Vans up to ten years old
Any condition, without mot, flat battery, damaged, write offs non runners, not trailers, DVLA notified, subject to road tests. Same day collection service Cash today

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Free Stamped Addressed Envelope to the DVLA
Open 7 days 7 till 8

Notification Guaranteed

local local local local local local local local local local

Cars Wanted (Trade)

CARS WANTED

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WANTED**
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MOTORCYCLES
DEAD OR
ALIVE**
CALL
0844 800 9460

£ CASH 4 CARS £
Any car, van, motorbike,
classic car, anything considered
£5 - £5,000
01375 391 350
ONE HOUR COLLECTION
24 HOURS - 7 DAYS
£ ALL AREAS COVERED £

**TOP PRICES
PAID**
SCRAP CARS
*Any Make and Model
Anything Considered*
01708 804 799



**SCRAP CARS
WANTED**
All Makes & Models
£250+
Within One Hour
7 days a week
07985 496 888

**SCRAP CARS
WANTED**
WITHIN ONE HOUR
MOT FAILURES
WRITE OFFS
CARS VANS MOTORCYCLES
CLASSICS
TOP PRICES
01708 555 929

WANTED
Cars & Vans
Any Make • Any Condition
TOP PRICES PAID
£100-£10,000

ANYTHING CONSIDERED
Unwanted & Scrap Vehicles bought for Cash!!



**GUARANTEED
LEGAL DISPOSAL**

PLEASE CALL

0781 061 2655

TOP PRICES PAID
CARS OR VANS
ANY CONDITION
£250-£1000
01708 503 685
1 HOUR COLLECTION

Subject to Vehicle Condition

CARS WANTED
CASH TODAY
1/2 HOUR ANYWHERE
£700 MIN - £20,000 MAX
MoT or not. Good, clean or damaged
(vans wanted). High or low miles
020 8529 4321
7 days, 24 hours

**MOTORBIKES
WANTED**
Good or bad.
Anything considered.
MoT or not.
01708 555929
7 days - Within the hour pick-up

CARS WANTED
CASH TODAY
1/2 HOUR ANYWHERE
£700 MIN - £20,000 MAX
MoT or not. Good, clean or damaged
(vans wanted). High or low miles
020 8529 4321
7 days, 24 hours

**ALL UNWANTED
CARS & VANS
BOUGHT FOR
CASH**

**ANY MAKE, YEAR,
OR CONDITION.
POLITE SERVICE,
INSTANT DECISION,
7 DAYS A WEEK**

**020 8524 6571
07931 431262**

**SCRAP CARS,
VANS & BIKES
WANTED**
£200-£300
Needed urgently please phone
01708 503 685
07751 056 001
7 days til late
Subject to vehicle condition



To Advertise in the
Motors Section of
your Yellow
Advertiser

Call now on
01268 503400

Yellow Classified

www.yellowadvertiser-today.co.uk

Selling something?

BARGAIN ADS UNDER £100

Call 0905 624 0595

Calls cost £1.02 per minute from a BT Landline. Other networks may vary, calls from a mobile could be considerably higher. Text YABARGAIN (space) Advert up to a maximum of 150 characters and send to 83149. Texts cost £1.02 plus standard network rates. If you do not want to receive details on any other products or services, please text the word STOP at the end of your message. (Your advertisement will appear in the next available edition) We do not accept bargain ads under £100 by fax, post or in person.

BARGAIN ADS OVER £100

Call 01268 503 400

Minimum charge £9.00 • 9.00am-5.00pm

Business Advertising

By phone

Recruitment: **01268 503 420**

Classified: **01268 503 430**

Monday-Thursday 9.00-5.30

Fri day 9.00-5.00

Calls may be monitored

By post

Yellow Advertiser

Acorn House

Great Oaks, Basildon,

Essex SS14 1AH

By fax

01268 503 418

01268 503 419

01268 503 455

In person

Pop into our town centre office

Monday-Thursday 9.00-5.30

Friday 9.00-5.00

Acorn House, Great Oaks
Basildon

To
advertise
in the
Classified
section of
this paper
call now on
01268 503400

Funeral Directors

The co-operative funeralcare

- Comprehensive funeral service, 24 hours a day, 7 days a week
- Free no obligation legal advice covering Probate, Wills and other legal issues

Dagenham 521 Gale Street
020 8595 6783

Barking 75 Longbridge Road
020 8594 3220

Ilford 150 St. Marys Road
020 8478 2578



Public Notices

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990

NOTICE UNDER REGULATION TOWN AND COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995 NOTICE UNDER ARTICLE 8

2290/12 Applicant: Mr. P King **Address:** Flat 1, Bartholomew House, Richmond Drive, Woodford Green, IG8 8RP **Description:** Removal of existing ground floor window and replace with doors. (Listed Building Consent sought under 1923/12) **Claybury Conservation Area.**

2200/12 Applicant: Mr & Mrs Ollman **Address:** Lily House, 11-12, The Shrubberies, South Woodford, London E18 1BD **Description:** EXTENSION TO TIME LIMIT IMPOSED ON APPLICATION NO. 2006/09: Demolish existing single storey surgery building. Construction of a two and a half storey building for D1, with B1(a) use. **George Lane Conservation Area.**

2204/12 Applicant: Mr. W Ali, London Borough of Redbridge **Address:** High Road/The Shrubberies/ George Lane, South Woodford **Description:** Continued use of lamp post banners (up to 40) to advertise Council Services. **George Lane Conservation Area South Woodford Conservation Area.**

2240/12 Applicant: Ms. T Bown, Complete Air Systems PTE Ltd. **Address:** Garages Rear Of 51 To 73, Roding Lane North, Woodford Green **Description:** Demolish existing garages. Erection of a new single storey two bedroom bungalow with timber decking to rear. Refuse store and parking for two vehicles. **Woodford Bridge Conservation Area.**

2219/12 Applicant: Mr & Mrs P Tyler **Address:** 571, High Road, Woodford Green, IG8 0RB **Description:** Rear dormer. **Woodford Green Conservation Area.**

2213/12 Applicant: Airwave Solutions Ltd **Address:** Woodford Fire Station, 2, Snakes Lane West, Woodford Green, IG8 0BS **Description:** Installation of three co-linear antennas and two 600mm diameter dish antennas mounted to the roof of the training tower together with one equipment cabin, and one generator along the northern boundary, one meter cabinet on the western boundary of the property and development ancillary thereto. **Woodford Green Conservation Area.**

2254/12 Applicant: Ms. E Flinter **Address:** Evergreen Field, High Street, Wanstead, London **Description:** Use of open space for multi purpose community activities. **Wanstead Village Conservation Area.**

2229/12 Applicant: The Royal Bank of Scotland **Address:** 110-112, George Lane, South Woodford, London E18 1AE **Description:** Internal alterations and installation of an internal Cash dispenser and CTU Machine. **LISTED BUILDING CONSENT**

2215/12 Applicant: Neil Waite, West Ham FC Utd **Address:** West Ham Utd, Training Ground, Hainault Road, Little Heath, Romford, RM6 5SR **Description:** Installation of a temporary Portakabin Ultima Modular to provide teaching facilities for a 2 year period.

2175/12 Applicant: Mr. R Dighton **Address:** 119, Roding Lane North, Woodford Green, IG8 8NA **Description:** Erection of a two storey building with office accommodation. Conversion of existing garage into useable space for existing facility.

2226/12 Applicant: Property and Facilities Management, Barnardo's **Address:** Barnardo House, Tanners Lane, Barking, IG11 1QG **Description:** New sub station and generator enclosure with waste and recycling accommodation.

1048/11/02 Applicant: Mr. J O'Keefe, Children's Services **Address:** Beal High School, Woodford Bridge Road, Ilford, IG4 5LP **Description:** i) Access; ii) Appearance; iii) Landscaping; iv) Layout; v) Scale: Erection of a new three storey building to school to allow additional four forms of entry. New car park. New vehicular access point on to Woodford Avenue. New pedestrian access to Woodford Avenue. **DETAILS FOLLOWING RESERVED MATTERS**

Applications can be inspected at the Council's One Stop Shop, Ground Floor, Lynton House, 255-259 High Road, Ilford, IG1 1NN between 8.30am-4.30pm Mondays to Fridays & 9.30am-4.30pm Wednesdays. If you require information contact the planning Services on 020 8708 2053. Representations should be made in writing to Planning Services within 21 days of the date of this notice. Fiona Dunning – Head of Development Management. Date: 08.11.12. DC No: 1949

PUBLIC NOTICE

Edward James Property Services are now in receipt of an offer for the sum of **£167,000 for 245 Valence Wood Road, Dagenham, Essex RM8 3AD.**

Anyone wishing to place an offer on this property should contact

EDWARD JAMES PROPERTY SERVICES

28 Whalebone Lane South, Dagenham, Essex RM8 1BJ Tel: 020 8594 2004 before exchange of contracts.

ADVERTISE YOUR
CARPET SHOWROOM
Yellow Advertiser
01268 503400

LICENSING ACT 2003

Notice of Application

Notice is hereby given that Myvili Sivathanas has applied to Redbridge Council on 1st November, 2012 for the sale of alcohol 06.00 to 03.00 hours daily at Chandra Stores, 32 Woodford Avenue, Ilford. Anyone wishing to object to this application should give notice in writing which must be received by the Licensing Officer, Redbridge Council, Perth Terrace, Ilford, Essex IG2 6AT by 30th November, 2012. Members of the public may view applications at the Licensing Department at the above address or online at www.redbridge.gov.uk. It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine on summary conviction is £5000.

Tuition

EXPERT TUTORS

Tutors available for private tuition. All subjects. All areas 9am-9pm. All 7 days
Tutors welcome
020 8578 3943
07957 351 603

Articles for Sale

OUTBOARD MOTOR WANT-ED. Runner or non- runner. Mercury, Yamaha etc 5hp to 100HP anything considered may take complete boat if still attached 01268 765086

Articles Wanted

FOOTBALL PROGRAMMES WANTED

Cash paid for any pre 1970 Large collections (300+), after 1970 also considered
020 8560 7816

Bargain Buys

JAYCEE OAK FURNITURE All VGC Ext Table 6 chairs £100 Bookcase/Display cabinet £95 Drinks cabinet & base unit £85 Bureau with Bookcase £75. **JAYCEE OAK FURNITURE** All VGC TV Base unit £50 Telephone seat £55 Tea Trolley £55 Coffee Table £25. **DARK GREEN LEATHER SUITE** with oak frame, 3 seater sofa £75 2 seater sofa £60 Armchair £40 All in excellent condition. Tel 01268 732992.

SLIMLINE INDESIT DISHWASHER 17 1/2in wide x 23in deep x 33 1/2in high, £75. Tel: 01702 527754.

MENS CLOTHING four pairs trousers, assorted colours, brand new, never worn, waist 54, leg 29, £16.00. **BLACK TROUSERS**, brand new, never worn, 44 waist, 27 legs, £6.00. **MENS BLACK TROUSERS**, 42 waist, leg 27, £6.00. **M&S GREY FLEECE JACKET**, size 47-49 chest, brand new, never worn, £7.00. **MENS BLACK SIZE 11 SHOES**, brand new, never worn, £7.00. Tel: 01708 521920.

SILVERCROSS SLEEPOVER PRAM inc chassis & stand, £25.00. **WHITE & BLACK, CHICCO PUSHCHAIR**, £15.00. **LARGE WHITE CHEST FREEZER**, £25. **DARK BROWN WARDROBE** with two drawers, gc, £35. **BLUE BUMBO SEAT**, used once, £15.00. **DARK BLUE FABRIC SOFABED**, £40. **TODDLER BOUNCE & SPIN ZEBRA**, £10. Tel: 07970 284417.

VERSACE LADIES JEANS new, white, size 6, £39. **VERSACE BIKINI**, new, tutti frutti, size 6-8, sold in matching bag, £35. **VERSACE BRACELET**, lots beautiful charms, in rigid box, new, £25. **VERSACE LADIES SANDALS**, size 4, tutti frutti, new, boxed, plus carrier bag, £59. **VERSACE MENS JEANS**, new, blue, size 33, £48. Tel: 07500 017161.

DOUBLE PINE WOOD WARDROBE four drawers, width 110cm x height 194cm x depth 58cm, £75. **DRESSING TABLE**, beech colour, three drawers, two cupboards, width 126cm x height 67cm x depth 38cm, mirror size 103 x 93cm, £50. **AEG LAVATHERM TUMBLE DRYER**, 7kg, side venting, delayed start, £70. Tel: 01268 763581.

LADIES EASTEX TWEED BROWN MIX JACKET size 10-12, cost £80, accept £15. **LADIES PEPE GREEN JACKET**, fur collar, detachable, lots of detail, lace up detail on back, cost £110, accept £20. **LOUNGE CURTAINS**, pink self pattern, lined with pelmet & tiebacks, plus one pair full dress curtains, cost £900, accept £77.00 both pairs. Tel: 01708 471795.

MONTGOMERY CURTAINS Made to measure from Roomes, Lined, Green W108" D62" £30 TABLE LAMP-Tall 28" brass lamp with cream shade £20. **M&S 8" PENDULUM MAN-TLE CLOCK** £15. **TOILET SEAT** Antique Pine effect, slow close seat. Boxed, New £14 WEST WING DVDs-Series 5,6,7 £15 Tel: 01708 459043.

NEST THREE COFFEE TABLES dark wood, carved legs, smoked glass insert, even cond, £35. **TWO CEILING LIGHTS**, candelabra style, lacquered brass, glass shades, £25, will separate. **MAMAS & PAPAS COTBED**, plus mattress, gc, £35. **IKEA HEMNES WHITE CHEST DRAWERS**, £35. Tel: 01708 478638.

1953 CORONATION MUG & TRINKET BOX £10 1950s Viewmaster Viewer & 8 Reels £25 1930s Carltonware Dish £5 1940s Japanese 6"x6" Box £20 Tel: 01708 459 043.

Display Recruitment

JOHN STANLEY'S CARE AGENCY LTD

Reliable and compassionate Homecarers & Palliative Care Workers required to support people in their own homes within Havering and surrounding areas

Telephone 01708 472911 or email: homecare@johnstanleys.co.uk

Visit our Open Days between 10am and 5pm on Wednesday, 14th and Tuesday, 20th November at 58 Station Lane, Hornchurch, Essex RM12 6NB

Drivers preferred • Full training given for suitable applicants Help us to make a difference.

We are part of the Manorcourt Homecare Group Committed to Equality for All

WANTED URGENTLY Tfl LICENSED OWNER DRIVERS

NEEDED FOR BUSY CIRCUIT

Greenfly Airport brand. School contracts. Enfield and Ponders End & N18 Supermarkets. Restaurant work and MORE. Work urgently needing covering.

Please call John or Sheena on **020 8364 1814**

Public Notices

The Insolvency Act & Rules 1986 CAFE VN LIMITED Company No: 07037182 (In Liquidation)

Notice is hereby given pursuant to Rule 4.106A of the Insolvency Act 1986 that Simon Plant of SFP, 9 Ensign House, Admirals Way, Marsh Wall, London, E14 9XQ was appointed Liquidator of the above named Company on 5 November 2012 by a resolution of the members, and ratified by the creditors. Notice is hereby given that the creditors of the above-named Company which is being voluntarily wound up, are required, on or before 31 December 2012, to prove their debts by sending to Simon Plant of SFP, written statements of the amounts they claim to be due to them from the Company and, if so requested, to provide such further details or produce such documentary evidence as may appear to the Liquidator to be necessary. A creditor who has not proved their debt before the declaration of any dividend is not entitled to disturb, by reason that they have not participated in it, the distribution of that dividend or any other dividend declared before their debt was proved. Simon Plant, Liquidator. Dated: 5 November 2012

ADVERTISE YOUR BUSINESS IN **Yellow Advertiser** 01268 503400

Support Workers needed in Colchester, Clacton, Chelmsford, Harlow & Loughton. Hours variable. Please call **07951316809** for an informal chat.

DRIVERS required for our busy sales and marketing department. Top rates of pay for the right candidates. Call Peter Green on **07770 305 808** Quote Ref: DRV

Earn £200 - £2,000 per month Delivering & collecting catalogues Local vacancies, flexi hours New Exciting Party Plan also available **0203 0510181** www.yourgoldengoose.com

To advertise **01268 503400** **Yellow Advertiser** Calls may be monitored

DOUBLE GLAZING PROBLEMS?

Complete repair and maintenance service for

- Leaks
- Broken or misty sealed unit
- Locks
- Draughts
- Rubber Seals
- Hinges

We also offer a complete new window + door service.
Conservatories our Speciality

GLASS & GLAZING 020 8590 7733

Commercial Property to Let

Georgian Village
Health & Beauty Studio

**Rent a Salon,
Fully fitted out
£25 per week,
13 weeks rent free**
Also bookable on a daily basis for £5.

Health & Beauty studios Georgian Village
100 Wood Street, Walthamstow E17 3HX

For appointment: **020 8508 5111**

Look no further
than the Yellow
Advertiser
Property Section
NEW HOME?

YellowAdvertiser

HIGH BEACH
BRICK BUILT SECURE
STORAGE AVAILABLE
14ft x 12ft
Any Reasonable
Consideration
0208 508 5111

CONDITIONS OF ACCEPTANCE FOR ALL ADVERTISEMENTS

Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in Advertising. Save that:

1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.

2. 'Classified' Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.

To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', '(T)' etc. in the advertisement.

3. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:

- Any error, inaccuracy or omission in the printing or publishing of any advertisement;
- Any failure to publish an advertisement on the day / date or day / dates specified by the advertiser; or
- Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.

4. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.

5. Where shrinkage of advertisement occurs for whatever reasons the advertisement will be charged to the nearest full centimetre. This will NOT apply to the full-page advertisements, which remain full pages even after shrinkage.

6. The Publishers reserve the right to reject an advertisement or to vary it in any way they deem fit, at any time before publication, whether or not the advertisement has already been accepted for publication.

7. Whilst every effort is made to minimise errors in advertisements, mistakes do sometimes occur. Advertisers or their agents should therefore check their advertisements and inform us of any errors immediately. Responsibility cannot be accepted for more than one incorrect insertion. Typographical or minor changes, which do not affect the value of the advertisement, do not qualify for republication or allowances.

8. All gross advertising rates (except classified lineage and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.

9. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.

10. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right to cancel the unexpired portion of the order.

11. The placing of an advertisement order will be deemed an acceptance of these conditions.

12. Account facilities are granted at the discretion of the Company.

13. All accounts must be settled within the terms agreed by the Company and the Customer.

(1) Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole debt in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.

(2) Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should legal action be required the interest will be charged in accordance with the County Court Act 1984.

14. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for payment in respect for an advertisement(s) should the appointed agent fail to pay. For the avoidance of doubt, the agent acts for the advertiser and not for the publisher with the agent being responsible for notifying the advertiser of this liability.

15. All queries must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.

16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers' control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

17. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.

18. The copyright of advertisements produced wholly or partially by the Publishers belong to the Publishers. Advertisers may not reproduce such advertisements without the Publishers' consent.

Box Numbers

Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, cash stamps or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies.

Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.

Holiday & Travel Category

All advertising must contain the name of the advertiser, phone number alone are not permitted.

Data Protection

The service you have requested may require us to carry out a credit search at a credit-referencing agency which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.

Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

Personal Services

Glamour Girls uk
visiting essex escort-massage

Call now:
01702 556500 or 07702 388070

7pm till 7am

please call for website details

**YOUNG
ONES
VISITING
ESCORTS**
7pm till 7am

**01702 557 444
07702 388 028**

NOTICE TO READERS

Yellow Advertiser, London & Essex Newspapers advises readers that the content of the advertisements in this section relate to products and services of an adult nature. We accept these for publication in accordance with guidelines issued by the Newspaper Society and the Advertising Standards Authority, together with our own policies and procedures. If you have any concerns or comments about the nature of the material in this section, or complaints about specific advertisements, please contact:

**Scott Wood on 01268 503400 or write to
Yellow Advertiser, Acorn House, Great Oaks, Basildon SS14 1AH**

**XXX121
SEX
CHAT
36P**
STRAIGHTTHRU!
0909 860 6682
OLDER LADIES 0909 860 9776

AD: Media 198x 454 161 151. Calls recorded & cost 36p per minute. Minimum order: One 15. We may print your name. Website 0844 948 1304.

TRANSEXUAL MESSAGE
PHONE ANNE 01322 286087

To
advertise
**01268
503400**
YellowAdvertiser
Calls may be monitored

If you believe that something inappropriate or intrusive has been published about you, then you can come to the Press Complaints Commission for help. We'll listen to your concerns and deal with your complaint at no cost.

The PCC is the independent self-regulatory body for the UK newspaper and magazine industry. We enforce a Code of Practice and work to raise standards in the press. We offer a service that is fast, free and fair.

We can also advise on concerns about material that hasn't yet been published, or if you're feeling harassed by journalists. For emergencies, we can be contacted at any time of the day or night.

Call us on 0945 600 8707 or visit www.pcc.org.uk to find out more about the PCC and how we can help you.

**THE PCC: WE
WILL LOOK INTO
YOUR CONCERNS**

PRESS COMPLAINTS COMMISSION

VOGUE ESCORTS
Escort Agency
24/7
30 Minute Arrival
020 8361 7000
Call now for website details
New faces welcome:
07534 268 444

Essex Girlz

**01702 555 455
07774 671 615**

**CALL
FOR
WEBSITE
DETAILS**

**VISITING
GIRLZ
6pm
to
6am**

Adult Chat Line

CHEAP CHAT
MEN: 0871 300 3556
18+ H: 0844 944 0844, 0871 = 30p per min. Network extras apply. Live calls recorded. SP: 4D.

GAY CHAT
Gay, Bi or just
Curious you'll
find plenty of
guys to chat
to here.
0871 908 9750
18+ Helpline 0844 944 0844. Live calls recorded. 0871 = 10p per min. Network extras apply SP: 4D.

**36P PER MINUTE
PHONE SEX**
LIE BACK & PLAY
0909 864 1381
Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO6338 NN2 7YN. Help 08448714497.

**EXTREME QUICKIE
SEX
GET OFF
ON YOUR PHONE**
0909 864 0213
Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO6338 NN2 7YN. Help 08448714497.

**Chat and date
to 100s of
gorgeous guys
online right now!**
CALL NOW!
It's free* girls!
0800 075 3634
18+ Helpline 0844 944 0844, *0800 = Free from BT landline. Network extras apply. SP: 4D.

ADULT INTERESTS

Calls cost £1.53 per/min at all times. TEXT 87070 cost £1.50 per message. Mobile call charges may vary. JMedia UK, London, SW4 7BX. wc **051112**

Simply dial the number below the advert!

LISA independent 34yr female, very attractive, curvy, many interests WLTM male to give me lots of adult attention with no ties. **Tel No: 0906 500 6358 Box No: 397399**

HI I am Marion a blonde brown eyed homely girl who likes the company of other people, looking for male 45plus to fall in love with. **Tel No: 0906 500 6358 Box No: 397393**

ZOE 31yr old independent petite redhead, very pretty, good figure, confident, seeking male for tic without complications. **ACA. Tel No: 0906 500 6358 Box No: 388957**

TASHA single working mum seeks light hearted man, 35-45 who also likes to enjoy life to the full for passion, romance and tic. **Tel No: 0906 500 6358 Box No: 387047**

SUSAN gorgeous 29yr old lonely Scottish lass new to area and at loose end, seeking reliable caring male up to 40yrs for friendship/more. **Tel No: 0906 500 6358 Box No: 393465**

DEBBIE slim outgoing approachable attractive lassie, 33yrs, GSOH, sporty, looking for non-serious fun male for friendship, maybe more. Any age/looks/status. **Tel No: 0906 500 6358 Box No: 387101**

ANNE new to the area, loves travel, cinema, theatre, seeking sane happy male to share social, fun, romantic and loving times together. Status unimportant. **Tel No: 0906 500 6358 Box No: 388977**

MICHELLE fit trendy 40's female, no ties, good job, OHAC, fun to be with, looking for honest trustworthy male for friendship, poss ltr. **Tel No: 0906 500 6358 Box No: 389757**

MARTHA 36yr old busty black female with many interests seeking genuine loving male who enjoys home cooked food, fussing and good conversation. **Tel No: 0907 308 0272 Box No: 387065**

SUE 45yr old slim attractive blonde, loves working out, cooking, meals out, animals, looking for romance and good times with appreciative male. **Tel No: 0906 500 6358 Box No: 381711**

TANYA mixed race beauty 34, tall, slim, active, intelligent, romantic, feminine, discreet, WLTM older male who can appreciate a sensual female. **Tel No: 0906 500 6358 Box No: 377985**

DEBBIE attractive young looking divorced female, seeking male who wants but does not need a special someone in their life, single dad welcome. **Tel No: 0906 500 6358 Box No: 390077**

LYNN 37 single mum, petite slim and very pretty, seeking caring funny guy to be with and become my Mr Wonderful. Dads welcome. **Tel No: 0906 500 6358 Box No: 386633**

BARBRA stylish feminine professional, many interests, social, good natured, looking for trustworthy male for good company and romance. **Tel No: 0906 500 6358 Box No: 375151**

CAROL 39yrs attractive slim brunette just looking for genuine caring man for romance, meals in and maybe more. Any age. **Tel No: 0906 500 6358 Box No: 375575**

MICHELE very attractive black single mum, 32yrs, someone you could take home to your mother, seeking a one in a million guy. **Tel No: 0906 500 6358 Box No: 391879**

DEBBIE attractive petite brunette with big blue eyes looking for good company from romantic educated male. Status/age unimportant. **Tel No: 0906 500 6358 Box No: 393511**

ALISHA blue eyed petite brunette, likes to keep fit, cooking, holidays, seeks male 30-45 for special times. **Tel No: 0906 500 6358 Box No: 392399**

NATALIE professional 30's female, no ties, everything a classy blonde should be, looking for special times with male up to 65yrs. **Tel No: 0906 500 6358 Box No: 391871**

CHRIS attractive slim sophisticated redhead, seeking male 30-50's to relax with and get to know. Discretion assured. **Tel No: 0906 500 6358 Box No: 392401**

CARRIE 38 blue eyes, blonde, voluptuous, curvy, looking for professional gent up to 50yrs LTR. Call me to meet up for a casual drink and chat. **Tel No: 0906 500 6358 Box No: 380881**

LISA sexy blonde 31yrs, extremely fit and outgoing, seeking male for casual friendship with benefits. Discretion assured. Any age/looks. **Tel No: 0906 500 6358 Box No: 380879**

SOPHIE lonely fun attractive female, 21, looking for fun nights out and cosy nights in with similar male, any age/looks. **Tel No: 0906 500 6358 Box No: 389731**

ALISON single caring attractive professional looking for adult companionship with understanding male. **Tel No: 0906 500 6358 Box No: 388119**

JEAN blue eyed slim blonde, certainly not looking for time wasters, WLTM likeminded male to enjoy cuddles and all the simple things life has to offer. **Tel No: 0907 308 0272 Box No: 387067**

DAWN 33yr old female looking for discreet companionship with understanding, non-jealous, respectful male 35-55yrs. Status unimportant. **Tel No: 0906 500 6358 Box No: 383065**

MEL tall curvy attractive blonde, loves cosy nights in with a good bottle of wine, looking for some male attention and company. **Tel No: 0906 500 6358 Box No: 379971**

BECKY single 29yr old slim female, attractive, blonde, seeking good times with fun male who does not take life too seriously. Status/age unimportant. **Tel No: 0906 500 6358 Box No: 383057**

MAGS Scottish lass in limbo, looking for fun times without all those mundane relationship complications. Must be honest, status unimportant. **Tel No: 0906 500 6358 Box No: 376581**

TANTALISING temptress! Now I have your attention! Diane passionate lonely lady looking for male companionship, cosy nights in and more. Any age/looks. **Tel No: 0906 500 6358 Box No: 377507**

PAT well travelled outdoorsy type, easy to get on with, social, seeking guy for casual friendship maybe more. Any age/status/looks. **Tel No: 0906 500 6358 Box No: 379893**

JULIE pretty blonde blue eyed single mum, 30yrs, WLTM nice male for fun meets, meals in/out and to get to know. Looks unimportant. **Tel No: 0906 500 6358 Box No: 377981**

ALICE 18yr old tall blonde carefree student, looking for exciting male 18-30 for good times only. **ACA. Tel No: 0906 500 6358 Box No: 387107**

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Boxing club puts on show to support cricket friends

WALTHAM Forest Amateur Boxing Club (ABC) held the first of two spectacular dinner shows on Friday by ensuring a bumper crowd were hit for six.

With their own official annual show set for Friday, November 30, at the Prince Regent Hotel in Chigwell, the men in Green staged an excellent show-piece event at the same venue to help local cricket club Fives and Heronians raise some much needed funds.

This gala dinner event, which was arranged by club secretary Ian Cuddy and attracted some of the country's top amateur fighters on the card, certainly hit a note in front of a sell-out audience of over 300 fight fans.

Despite recently breaking his thumb and having little in the way of training, teenager Liam Dillon was first to hit the ring for the home club against Fairbairn's H Nikia.

Showing little in the way of pain, a pumped up Dillon took control of this bout from the first bell with his lightning combinations putting Nikia on the back foot.

The Fairbairn fighter did well to test Dillon at times during this three round contest, but it really came as no surprise that the Forest puncher secured a unanimous decision from the judges.

Next out for Waltham Forest was senior Chris Farbridge, who was matched against Eltham's Danny Riordan.

Despite landing some good blows in the opening session, Farbridge found himself with a bloodied nose, as well as struggling to match Riordan's excellent fitness. And with blood streaming from his nose in the second, the official stepped in to stop Farbridge from recording a much sort after victory.

The third home fighter to step through the ropes was the highly talented Bradley Anderson, who was facing a real test against the giant Jack Casswell from the Smallholdings ABC.

The experienced Anderson got in close from the opening bell and hit his opponent with a flurry of punches, to prevent the lofty south Londoner from finding his range.

Being tested throughout, Anderson didn't fail to disappoint against a very durable opponent, as he secured not only the verdict from the officials but also did enough to win the 'best home boxer of the night' award to boot.

Last out for Forest was Dan Gower against Peacock's K Donker. In a well matched contest the visiting boxer just seemed to be able to step



AWARD: Bradley Anderson was named 'boxer of the night'

up that extra gear when required to get the nod from the judges, following an excellent three rounds of boxing.

Reflecting on events club secretary Cuddy said: "Given the fact that our own training facilities have been heavily restricted because of refurbishment works, I thought our lads gave an excellent account of themselves.

"Both Liam and Bradley showed their undoubted ability while I also thought Dan and Chris learnt a lot from facing top class opponents.

"It is certainly very encouraging going into our own show at the end of the month. I would

just like to thank all the, supporters, boxers and clubs that came down to put on an excellent show to help out another sporting club from our area."

Tickets are still on sale for Waltham Forest's glitzy black-tie annual dinner show at the Prince Regent Hotel in Chigwell on Friday, November 30.

Tickets are priced at £50 each, but as well as a top night of amateur boxing these include a three-course meal.

For more information about tickets, or to join the boxing club call Martin at E4 Health and Fitness Club 020 8523 5133.

Rugby Union

Southend see off Barking for victory

SOUTHEND picked up a valuable victory over SSE National League Two South rivals Barking at Warners Bridge that left the visitors without a win this season.

It was a convincing performance from Southend, who ran in 10 tries in the 55-14 win. Southend were much the stronger side for much of the first half, but Barking fought back a little before the break so the sides went in at 24-14.

Despite a spell of 10 minutes down to 14 men, Southend dominated the second half with more tries following.

Westcliff put up a spirited performance against National League Three London & South East leaders Barnes, but eventually succumbed 39-45. Thurrock also lost, going down 12-33 to Guernsey.

Basildon got a hammering at London One North leaders Bury St Edmunds, who ran in 77 points without reply, but it is Rochford Hundred who sit bottom after a 16-34 loss to Beaconsfield.

Eton Manor picked up a narrow 19-14 win over Colchester, while Chingford lost 13-9 to Diss.

Letchworth Garden City were 54-18 winners over Brentwood, while Romford & Gidea Park won 25-21 over Luton.

Woodford picked up an excellent 55-3 win over Lowestoft & Yarmouth in London Two North East, while Chelmsford were 38-12 victors over Old Streetonians.

South Woodham Ferrers are second in London Three North East after their 22-18 win over Upminster. Wanstead are not far behind after winning by a point - 20-19 - over Harlow. East London were thumped 65-5, while Old Brentwoods went down 24-5 and Canvey Island lost 25-19 to Wisbech.

Non-League football

Hullbridge get set to challenge Blues

HULLBRIDGE Sports will go up against Southend United in the last 16 of the Essex Senior Cup.

The Essex Senior League side caused an upset by knocking out Ryman League Heybridge Swifts on penalties after a 2-2 draw. They will know host the Shrimpers, who saw off Burnham Ramblers 4-2 at Roots Hall.

The rest of the draw sees Romford take on Barking, Tilbury play Waltham Abbey. Waltham Forest will entertain Chelmsford City, while Concord Rangers welcome Aveley.

The winner of Grays Athletic and East Thurrock United will go on to play Maldon & Tiptree, while Colchester United awaits either Thurrock or Brentwood Town. Canvey Island or Braintree Town will host AFC Hornchurch.

The games must be played on or before December 1.

West Ham United

Hammers hold City

WEST Ham United will feel slightly aggrieved despite having held unbeaten champions Manchester City to a 0-0 draw at Upton Park on Saturday.

Kevin Nolan had an early effort wrongly ruled out for offside and had that goal stood, it could have been a very different outcome.

Despite having Mario Balotelli, Carlos Tevez and Edin Dzeko - and later Sergio Aguero - up front, City were rather toothless up front and failed to score for the first time since April.

Clarets sink Colchester in FA Cup shock

Non League Football

CHELMSFORD City caused one of the shocks of the FA Cup on Saturday, beating Essex rivals Colchester United 3-1.

It is the third consecutive year the Clarets have reached the second round - where they will face Crawley Town in early December - but they had only previously overcome League opposition on three occasions, with two of them coming in the 1930s.

Donovan Simmonds scored twice for City before Michael Rose pulled one back for the Us with 20 minutes to go. However, Jamie Slabber restored the two-goal advantage late on for a famous victory.

Boss Glenn Pennyfather admitted having a selection dilemma due to Robbie Edmunds' late injury on Friday morning, but added that he was delighted with his players' performance.

Colchester manager Joe Dunne described it as his 'worst moment in football'.

Back in the Blue Square South, AFC Hornchurch suffered a disappointing 3-2 defeat

to basement boys Truro City. Kieffer Moore scored twice for City before Leon McKenzie pulled one back.

Andy Watkins added a third for Truro, who were deducted 10 points for entering administration, before McKenzie added a second for the Urchins late on. Billericay Town drew 0-0 in their match against Weston Super Mare.

Thurrock remain bottom of the Ryman Premier after a 1-0 defeat to Bognor Regis Town. James Crane scored the only goal of the game there. Canvey Island suffered a disappointing 4-3 home defeat to Enfield Town despite two goals from Robert King and another for Kevin Dobinson.

East Thurrock United found themselves 2-0 down to Hampton & Richmond within eight minutes. Reiss Gilbey pulled one back four minutes from time, but it proved nothing more than a consolation.

Concord Rangers did find winning ways, however, with a 2-1 success over Harrow Borough. Nicky Cowley got the first and Harry Elmes the winner after Simeon Akinola had equalised for the home side.

Maldon & Tiptree extended their lead at the top of Ryman North with a 2-1 win over title rivals Grays Athletic. Ollie Berquez put Grays in front in the first half, but Jamie Guy levelled 10 minutes after the restart and Harry Agombar bagged the winner on 85 minutes.

Heybridge Swifts are second in the table after they came back from a goal down to beat Aveley 2-1. Jordan Cox gave the home side the lead but Luke Callendar and Michael Cheek gave Swifts the win.

More than 200 people turned out at AFC Sudbury to see them go down 4-0 to Brentwood Town. Alexander Read bagged a hat-trick and Daryl Robson added the other.

Redbridge lost 2-1 to Chatham Town and Ilford went down 3-1 at home to Wroxham. There was a win for Romford though as a late winner saw them beat PotTERS Bar Town 2-1.

James Peagram scored two minutes from time to earn Waltham Abbey a 2-2 draw with Tilbury. Daniel Francis scored twice for the visitors either side of Louis Bristow's strike. Waltham Forest lost 2-1 to Witham Town.

Barking and Dagenham YellowAdvertiser



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Your consultant will chart your success and let you know exactly how many inches you have lost since your last session by measuring your target area before each treatment. We expect clients will need somewhere between 8 – 12 sessions per area to achieve their goals. You should allow 30 minutes per appointment and 3 days should be allowed between treatments.





One of our success stories...



Before



After

Who: Leslie Carey, 39

Where: The Slimline Clinic Nuneaton

When: 6 Weeks, June 2011

What Happened: Leslie had Ultrasonic Liposuction on her stomach and inner thigh but only lost $\frac{3}{4}$ inch after 1st visit. She then lost 2 $\frac{1}{2}$ inches after her 2nd visit, before losing 16 inches in total over the course of her therapy.

How: We focussed Ultrasonic Liposuction on Leslie's inner thigh and stomach once a week (1 session on each area) for 6 weeks. After her 1st session Leslie ate take away food on 4 of the evenings, as well as drinking several pints of beer most nights. This resulted in slow progress. However, after only losing $\frac{3}{4}$ inch in week 1, Leslie decided to drink a little more moderately, ate more balanced meals and as a result she then lost 2 $\frac{1}{2}$ inches between her 2nd & 3rd treatments. Leslie then resolved to adjust her lifestyle, she started eating & drinking in moderation, while making an effort to be more active generally. Leslie went on to lose 16 inches in total over her course which took in 12 sessions each on her stomach & inner thighs.

Why was Ultrasonic Liposuction Needed: Leslie has a demanding job as a director of an engineering firm, this lead to Leslie having a poor diet of take away food & beer, with little activity in her daily life due to a lack of time. Leslie arrived for her 1st session as a size 16, standing at 5' 6" tall

Where are they now: After achieving her target size and shape Leslie had lost 16 inches from her stomach and inner thigh. After completing her course and armed with her improved lifestyle and body shape Leslie felt inspired to take up Exercise! She began walking 3 evenings a week and therefore needed no more sessions to maintain her new size and shape!

To find out more please visit www.theslimlineclinic.co.uk

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